What is claimed is:

1. A mover assembly that adjusts a position or shape of an object along a first axis, the mover assembly comprising:

a motor including a motor output that moves; and

a coupling assembly including a stage that couples the motor output to the object and a stage guide that guides the motion of the stage along the first axis.

2. The mover assembly of claim 1 wherein the motor output is moved along the first axis and about the first axis and wherein the stage guide is a linear bearing that allows for motion of the stage along the first axis and inhibits motion of the stage about the first, about a second and third axes, along the second axis and along the third axis.

3. The mover assembly of claim 1 wherein the motor output moves in a step-like fashion.

4. The mover assembly of claim 1 wherein the mover includes a piezoelectric element that causes rotation of the motor output.

5. The mover assembly of claim 4 wherein the motor includes a pair of opposed jaw elements that engage the motor output and the piezoelectric element moves the jaw elements relative to each other.

6. The mover assembly of claim 1 further comprising a measurement system that provides information regarding the movement of the stage.

7. The mover assembly of claim 6 wherein the measurement system includes a first component that is secured to and moves with the stage.

8. A precision apparatus including an object and the mover assembly of claim 1.

9. A mover assembly that adjusts a position or shape of an object along a first axis, the mover assembly comprising:

a motor including a motor output that moves; and

a coupling assembly including a stage that moves with the motor output, a stage guide that guides the motion of the stage along the first axis, and a measurement system that provides information regarding the movement of the stage.

10. The mover assembly of claim 9 wherein the motor output is moved along the first axis and about the first axis and wherein the stage guide is a linear bearing that allows for motion of the stage along the first axis and inhibits motion of the stage about the first, about a second and third axes, along the second axis and along the third axis.

11. The mover assembly of claim 9 wherein the motor output moves in a step-like fashion.

12. The mover assembly of claim 9 wherein the mover includes a piezoelectric element that causes rotation of the motor output.

13. The mover assembly of claim 12 wherein the motor includes a pair of opposed jaw elements that engage the motor output and the piezoelectric element moves the jaw elements relative to each other.

14. The mover assembly of claim 9 wherein the measurement system includes a first component that is secured to and moves with the stage.

15. A precision apparatus including an object and the mover assembly of claim 9.

16. A method for moving or positioning an object, the method comprising the steps of:

providing a motor including a motor output that is moved along a first axis;

coupling the motor output to the object with a stage; and

guiding the motion of the stage along the first axis with a stage guide.

17. The method of claim 16 wherein the step of guiding includes allowing for motion of the stage along the first axis and inhibiting motion of the stage about the first axis, about a second and a third axes, along the second axis and along the third axis.

18. The method of claim 16 further comprising the step of providing information regarding the movement of the stage with a measurement system.

19. The method of claim 18 wherein the step of providing information includes the step of coupling a first component of the measurement system to the stage so that the first component moves with the stage.